Keys to Managing Stress

KEEP OUR OWN ENGINES TUNED



Common causes of stress

- Expectations we place on ourselves
- Doing too much
- Not taking care of ourselves
- Going through a difficult time
- An unexpected event
- Depression
- In general our own state of mind
- Other?

What are some indicators?

- Tension
- Headache
- Stomach ache
- Racing heartbeat
- Deep signing and breathing
- Concentration
- Moodiness
- Persistent fear and worry
- Long term health problems

What might help?

- Get Rest
- Exercise
- Eat Well
- Drink Well
- Laugh
- Sing
- Quiet down
- Other?

Keep our own engines tuned

Ways of quieting down

- Deep breathing/imagery
- Change position or location
- Loosen your grip
- Let thought "flow"
- Walk or exercise
- Hobby/sports
- PLAY!

Keep our own engines tuned

More ways to quiet

- Gratitude
- Get present
- Meditation
- Share but don't commiserate
- Don't take personally, other people's moods
- Journal
- Distract yourself: art, movies, T.V. kids, music, dance, nature, games etc.
- Other?

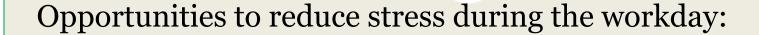
When in a Healthy State of Mind...

- Resilient
- Optimistic
- Take care of yourself
- Eat well
- Sleep well
- Creative, inspired, energized
- Live with integrity because don't see self as victim
- o Laugh more/Cry more?!

Brainstorm

Opportunities to reduce stress during the workday:

Brainstorm



- Eat away from your desk
- Take a walk (stairs, tunnel)
- Lunch with friends, co-workers
- Meditate at your desk (or guided imagery, pray, body scan, breathe)
- Stretch
- Service to others (reflect on value of work, bring in a fruit bowl to share)
- Dodge self-talk
- JourneyWell class
- EAP (back of insurance card)
- Magic formula: 15 + 15 + 30 = 60

Resources

- Literature
- Self-help books
- Friends
- EAP
 - o Free
 - Confidential
 - Professional

Contact us

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And thanks!